new Bernal Journal

June/July '92 | Serving the Bernal Heights Neighborhood of San Francisco | Volume 29 • Number 4 • Free!

Carnaval Brought Home

The Senior & Youth Court on this year's Carnaval Parade float entitled "Many Faces of Bernal" Photo By Jeffrey Bachman

Each year, San Francisco hosts a colorful and dazzling celebration of the joy of spring's rebirth called "Carnaval." This year, the famous Carnaval Parade welcomed the neighborhood that hosted the first Carnaval celebration thirteen years ago - Bernal Heights.

On May 24th, over 500,000 people came to see the parade, enjoying the rich rhythms and colorful images that helped to heal a city recovering from the turbulent events of the Rodney King verdict riots earlier in the month. The floats, musicians and dancers, home grown from the City's many neighborhoods, performed for a people hungry for a sense of unity and peace in their city.

In the spirit of unity, Bernal Heights' debut float was named "The Many Faces of Bernal" reflecting the ethnic and social diversity and richness of the hill. Gracing the float were Bernal Heights Senior Program members, Frances Spencer and Victor Tulier, who served as the float's queen and king. Wearing a colorful, flowing robe, Frances was adorned with a gorgeous, shimmering headwrap of an African queen. King Victor donned a sequined black velvet sombrero that made a simple, yet stunning complement to the white shirt and red scarf of his Mexican heritage. Children age five to fourteen were also seated near the King and Queen and were dressed in a wide array of clothing and costumes from Vietnamese suits to traditional Mexican dresses.

Hundreds of fresh flowers were

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BofA PLANS TO CLOSE BERNAL BRANCH

Closure would be the first in Bay Area and first of three in the State

Cortland Merchants and Bernal Neighbors have begun the fight to stop the closure of Bank of America's Bernal Branch. The closure would would not only cause difficulties for residents, but would also threaten to devastate Cortland Avenue's revitalization.

Actions to stop the closure include petition placed at the library, shops and Neighborhood Center. Residents are also encouraged to call the SF Board of Supervisors to request assistance in the crucial community issue. Many letters protesting the closure are being sent to Barbara Desoer, Sr. V.P. & District Mgr., Bank of America, 1 Powell St., SF, 94102, phone 953-7890.

Merchants and neighbors will also plan to congregate at the Bernal Branch BofA on June 15th beginning at 5:00 p.m. to demand that their bank not be closed. For more information call Mauricio Vela, BHNC, 206-2140. •

People on the Hill

Riding a Caravan For Peace

Photo by Vicki Victoria

Alabama Street resident Rosa Peñate sees the Caravan as a means of true peace and justice in war torn El Salvador..

In late July, 1992 a Caravan made up of support groups from around the country will meet at the Mexican border in Texas to begin a journey of peace and hope to the war torn country of El Salvador. The Caravan for Peace and Reconstruction of El Salvador (CAPRES) will arrive to the communities of Guazapa with supplies, equipment and money to help the people reconstruct their lives and land. Bernal resident Rosa Peñate will be on that Caravan and hopes that her neighbors will join in on this mission of peace and hope.

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La Caravana para la Paz

Durante el fín de Julio de 1992, una caravana hecho de grupos (o organizaciones) de apoyo localizados en diferentes lugares en este país, se reunirán en el borde de Méxcoen Téxas para empezar un viaje de paz y esperanza a El Salvador, un país roto por la guerra. La Caravana y Reconstrucciónde El Salvador (CAPRES) llegará a los comunidades de Guazapa con pronsiones, aparatos y dinero

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Annual Cortland Avenue Spring Cleaning & Graffiti Paint-out

Join this Neighborhood Effort Saturday, June 13

We will be gathering for coffee and donuts at the Bernal Heights Neighborhood Center, 515 Cortland Avenue, at 9:30 a.m. Brooms, paint and supplies will be supplied by DPW and our local merchants. Bring gloves, small gardening tools for cleanup around the trees, and old clothes to paint out graffiti. We will be covering Cortland Avenue from Mission Street to Bayshore. A smaller but important cleanup will take place on Thursday, June 11th at the freeway underpass located at the eastern end of Cortland by Bayshore from 4:00 to 7:00 p.m. The trash will be bagged and left for D.P.W. to be picked up on Friday morning, June 12th, when DPW steam cleans the underpass and Cortland Avenue's dirty street corners. This is our fourth annual clean-up. Each year the neighborhood turnout is fantastic! Sweep away your frustrations, pull out all those doubts then step back and enjoy a job well done! Join us on Thursday and/or Saturday morning! *Margret Maker, Outreach committee, Bernal Heights Neighborhood Center. Call: 206-2140 for questions.*

Special NBJ Insert...

Christmas in April Highlights...page 7

Noticias de la Comunidad en Español: PAGINA 5

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with communtiy news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

For Advertising Call: 206-2144

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We are a member of the S.F. Neighborhood Newspaper Assoc.

Letters

Not Your Average Cat

A young emigrant from New Zealand made the 12,000 mile journey to San Francisco safely in January, only to disappear in Bernal Heights near the beginning of May. Misha is a one-year old neutered male tabby who was flown 26 hours to rejoin me in our new home on Ellert St. I last saw him on April 26th. Misha is grey with black markings and some gold, with a pink nose and white paws, ruff and belly. He is also very skinny, and I hope that someone has mistakenly "adopted" him because he is so thin. A reward is offered. Please call 641-5567 if you have seen this cat or taken him in. ***- Mara Math, Ellert St.***

Save Our Bank!

Did you know that they're going to close down our BofA (Bank of America Bernal Branch on Cortland Avenue)? I think that it's not fair. The nearest BofA is all the way on Mission Street. As a senior citizen, that's a more difficult and further place to have to go to. What can we do to save our bank - especially for the senior citizens?

- R. Lee, Prentiss St.

Residents who don't want to lose their Bernal Branch are encouraged to write to Barbara Desoer, Senior Vice-Present/ District Manager,Bank of America, #1 Powell Street, San Francisco, CA 94102. ***- Editor***

Neighborhood Views

What is the function of the East Slope Design Review Board?

What is the function of the East Slope Design Review Board? One would think their responsibilities would be to mediate and present both sides, pro or con to any project on the east slope, ideally. Well, picture this situation I had to endure. On 4-20-92 I attended a E.S.D.R.C meeting at the Bernal Heights Neighborhood Center, to protest a deck my neighbor put up illegally. My neighbor, who is an architect and an 8 or 9 year resident in this community, told the E.S.D.R.C, who are incidentally his friends, that a carpenter put the deck up and didn't tell him about the variance codes. Can you figure this out?

I then presented several reasons why I opposed the deck. The first being that the deck devalues my property. Secondly, when he started putting up the deck we informed his ex-wife that the deck would cut off the view we enjoyed for 25 years, but to no avail I also pointed out that we are the only ones directly effected by this deck, no one else is.

The secretary of the E.S.D.R.C, Terry Milne, sent a letter to the San Francisco Planning Review Commission that said they didn't feel my neighbor's deck was blocking my view. I questioned Terry about the letter, how they stated flat-out that they didn't feel the deck blocked my view, They didn't look at any photographs of my view to make this determination, however I did expect them to support my neighbor's position instead of doing what was right. Furthermore, one would have to question the bias opinions express by these people especially when they start sending a recommendation to the S.F. Planning Commission. These people need to be stopped at all cost. You could be the next victim of these people. Consult an attorney if necessary, this is what I have had to do. In my 30 years in this neighborhood I have never seen such deception, evil and nebulous behavior from a community organization. If you have to appear before these people bring a tape recorder or a witness, especially for minorities because these people will take advantage of you based on your knowledge of the laws and procedures, I would also like to take this opportunity to recommend that the East Slope Design Review Committee be abolished or at least the current board. These people are absolutely scandalous.

- Neighborly Yours, Shelton Holmes

The East Slope Design Review Board makes fair judgments.

The East Slope Design Review Board is an elected neighborhood committee. Several building projects a month are reviewed by the committee. The Review Board listens to all opinions and hears the comments and concerns from all sides. The Review Board makes fair judgments based on the building project itself using the published East Slope Building Guidelines. The Board is not involved in personal disputes or name-calling. The Board does not take the stance that we should stop people from building on the East Slope.

The project referred to was a variance for a deck. The Design Review Board's letter to City Planning included objections by Mr. Holmes. He was at the Planning Department hearing and voiced his objections there. Planning has issued no decision yet.

The Design Review Board expends a lot of energy encouraging East Slope residents to attend the Review Board's election meeting each December. If anyone wants to know more about the East Slope Design Review Board - you are invited to attend our meetings on the 1st and 3rd Mondays of each month at the Bernal Heights Neighborhood Center.

- The East Slope Design Review Board

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The Circus Comes to Bernal Heights

By Clo Dow
NIT-AMP Community Organizer

The circus is not only in town, it has come to Bernal Heights! It is official, it is a fact, they are here! Commissioners Santiago Ruiz and Connie O'Connor of the Recreation Program Committee approved to have the Make-A-Circus organization at the Bernal Heights Recreation Center, for a very special project.

As many of you are aware, the Bernal Heights Recreation Center has had its share of problems. (Ranging from lack of enthusiasm and commitment on the part of its directors, having no structured programs for the youth within the community, lack of funds to do needed repairs and renovations or, to purchase new equipment necessary for a daily program and the negative elements of drugs and alcohol use at the facility.) In order to promote a positive atmosphere at the recreation center, Joel Robinson, the Superintendent of Recreation, Derek Crenshaw, the Director of the Bernal Heights Recreation Center and various individuals within the Make-A-Circus organization, have been working together to develop a unique program that would spark the interest of the youth in our community.

Derrick shows Jennifer his skills of juggling with just one hand.

What have they brought to Bernal Heights? Patricia Howard, the Booking/Tour Manager, Elaine Chen, The Program Coordinator, Wendy Parkman, The Make-a-Circus Teen Apprentice Workshop Teacher, Peggy Ford, The Artistic Director/Teen Supervisor and Denis Martinez, The Teen Workshop Instructor, have brought fun, excitement, adventure and an employment opportunity to the youths of our community.

Low-income, at-risk youth between the ages of 14-20 have been recruited to be a part of the Teen Apprentice Program (TAP). These youths have been recommended by their high school career counselors and youth advocacy organizations. They have been attending free weekly workshops that are held afterschool at the Bernal Heights Recreation Center. (Every Tuesday and Thursday from April 21-June 25). The TAP program trains and employs individuals who show an interest in the performing arts and social services. To participate in the workshops, the teens must be enrolled in school, demonstrate a willingness to apply themselves to meet new challenges, work closely with a diverse ethnic population, commit to attend every class and be available for summer employment.

By learning to juggle three balls as a pair, Schnita McGee and Angie are learning the importance of good teamwork.

As a result of all of this hard but fun and exhilarating work the paid apprentices learn and perform juggling, balancing, acrobatics, stiltwalking, face painting, crowd control, theater set-up, working with children and much more. They also are able to focus on the development of their self-esteem, confidence-building and leadership skills but, most importantly, it allows them an opportunity to give back to their communities and to become role models for others. *- continued on page 4...*

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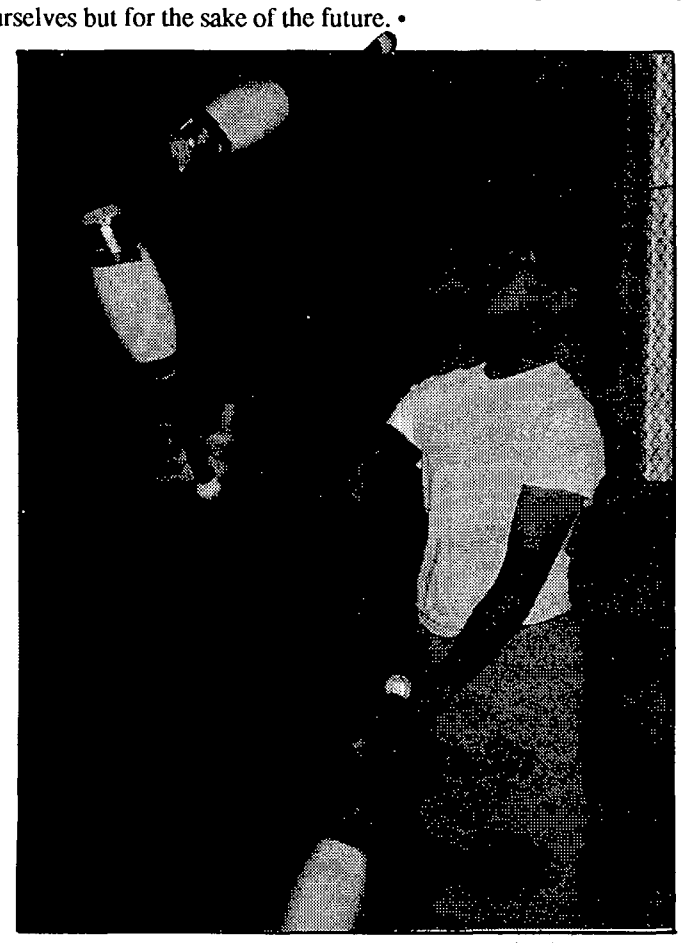
Youth & Seniors

Circus - continued from page 3...

In appreciation for the use of the Bernal Heights Recreation Center, Make-A-Circus along with individuals of the TAP program will host a free show for the Bernal Heights community on June 29, 1992 at Holly Park. Please, bring your family and friends to this event and support the Make-A-Circus organization and the TAP program. For weeks, the teens have learned new and exciting skills, they have learned how to work closely with others of various backgrounds, they have learned to leave their egos at the door and, they have learned to replace the word "can't" with the word "can" as a part of their everyday vocabulary.

We must remind ourselves that this is just the beginning but, with the help of everyone within this community we can bring about a positive change. So let's make a difference and learn to work together not only for ourselves but for the sake of the future. •



In only a few weeks, Rolando, a Bernal youth, has gained skills that have taught him how to utilize his coordination and self confidence.

Activities & Programs for Bernal Youth

- **Alemany MVP Tutorial Services**
M-F 2:00-5:30 p.m., *Tiki Hadley, 282-8454*
- **Bernal Heights Neighborhood Center**
Youth Employment & Activities Program, M-F 9-5:30 p.m.
515 Cortland Avenue, Jose Leon, Clo Dow, 206-2140
- **Bernal Heights Neighborhood Center Girl Scouts**
Tuesday 6-8 p.m., Thursday 6:30-8:30 p.m.
515 Cortland Avenue 206-2140
- **Bernal Library**
Tuesday 10-6 p.m. Wed., 1-9 p.m.Tuesday-Saturday 1-6 p.m.
500 Cortland Avenue, Dorothy Coakley, Librarian, 695-5160
- **Bernal Playground**
M-F 3-6 p.m., Saturday 10-5 Field Trips
500 Cortland Avenue, Derek Crenshaw, 695-5007
- **Holly Court Recreation Room**
M-F 3:30-5:30 p.m., *100 Appleton Avenue, Robert Cochran, 821-6888*
- **S.F. Recreation & Parks - Junipero Serra Yard Program**
M-F 2:30-5:30 p.m., Saturday 11-5 Field Trips, *625 Holly Park Circle*
- **Mission YMCA**
Afterschool & Sports 5-10 yrs. old, M-F 12-6:30 p.m. Movin' On Program 11-14 years old, M-Th. 4-6:30, Fri. 4-11 p.m.
4080 Mission Street, Maria Focha, 586-6900
*Summer Day Camp & Summer Resident Camp
- **S.F. & Recreation and Parks - Paul Revere Yard Program**
M-F 3-6:00 p.m., 555 Tompkins, James Pierce
- **Precita Valley Community Center**
Weightlifting/Physical Fitness M-F 3-6. D.J. Music Production Classes, M-W-F 4-6 p.m. Teen Substance Abuse Workshops/Counseling Summer Employment Program, Monthly Dances
534 Precita Avenue, Steve Reyes, 206-7756
- **St. Anthony's Church Youth Program**
Tuesday 7:30-9:30 p.m. (English) 15-19 years old, Fri. 7-9 p.m. (Spanish) 16-30 yrs, old, Sat. 6 p.m. (Youth Mass in Spanish)
3215 Army street, Br. Tommy King, 647-2704
- **St. Kevin's Youth (SKY) Program**
Monday 7:30-9:30 p.m. *704 Cortland Avenue, Fr. Manuel, 648-5751*
- **St. Mary's Recreation Center**
Sun. 12-5 p.m.; Mon. 3-10 p.m. Tues.-Fri.10-9:30 p.m.; Sat.10-3 p.m.
Murray Street & Justin Drive, Paula Hamilton, 695-5006
*Summer Outings

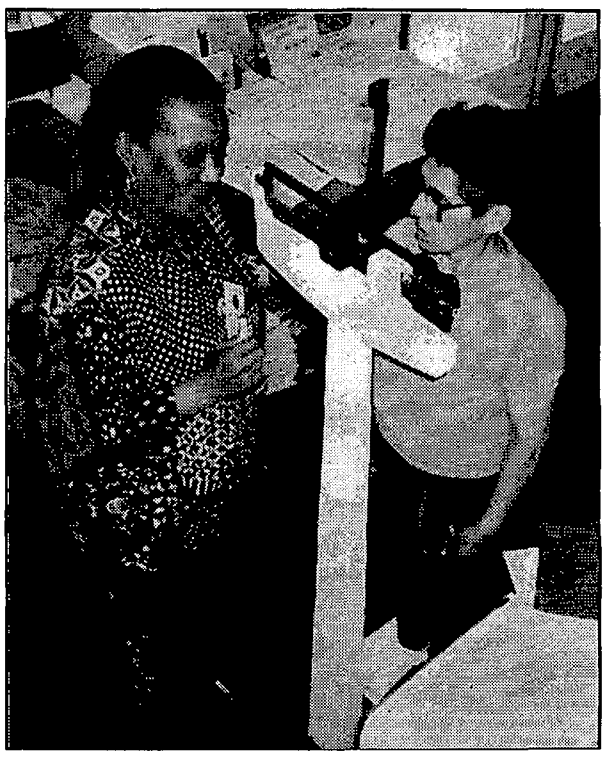
Senior Health Fair on the Hill

Molly Cory, RN of St. Luke's Hospital shares a laugh with Health Fair participant, Ana Diffutt. Molly provided free blood pressure screening and counseling to dozens of senior citizens attending the Health Fair in May.

Community health professionals volunteer to benefit the health of Bernal Seniors

In honor of "Older Americans Month" in May, the Bernal Heights Senior Program organized a free Health Fair and Brown Bag Medicine Review for over 75 elderly residents of the community.

Seniors received free blood pressure screening, glucose tests, weight & height checks, hearing tests, breast check demonstrations to monitor for Breast Cancer and weight loss planning from many community health organizations who volunteered to provide these free services: St. Luke's Hospital, S.F. Public Health Center #3, Hearing Society, American Cancer Society and The Emerald Edge.



Victoria Kleeman, Head Nurse of Health Center #3, gave Antoinette Mesa advice at the Weight and Height Check Booth.

UCSF's ASAP School of Pharmacy students helped seniors prepare for their "Brown Bag" Medicine Review by recording medicine information, instructions and dosages for the health fair participants.

Bernal Heights Senior Program member, Jesus V. Sario (2nd from right) received a certificate for outstanding performance from the Bureau of Building Repair of the Dept. of Public Works, City & County of San Francisco. The Ellsworth St. resident received this honor in March for his work as Building & Grounds Patrol Officer in the Dept. of Public Works.

Mike Callagy of Arrow Pharmacy and John Budis of Monteagle Pharmacy conducted the "Brown Bag" Medicine Reviews to educate and prevent medication misuse amongst the elderly. The medicine reviews helped senior participants to learn about proper medication usage, dangerous drug combinations and correct storage of medications.

In support of prescription drug education, Walgreen's donated several dozen 7-day pill dispensers to aid senior participants in better organizing their medicines on a daily basis. In the spirit of community effort, Bay Pizza & Cafe provided the morning refreshments and Safeway Stores donated the supplies for the salad bar during the lunch break.

"The Health Fair was a great success - I hope we do it every year!" remarked participant, Carmen Muñoz. "The volunteer service and generosity from our community's health organizations, residents and businesses were overwhelming," stated Bernal Heights Senior Program Director, Vicki Victoria, "Because of this volunteer help and also because our community's seniors benefitted immensely, we plan to host a free Health Fair every year in May." •

Carnaval - continued from page 1

Photo by Vicki Victoria

Bernal Heights Senior Program members Victor Tulier and Frances Spencer served as the float's senior king and queen.

giving it an organic and natural feeling with their delicate hues. The music of "Salsa 24" set a festive mood for the float, as band members performed hot Latin Jazz and Salsa for the cheering parade crowd.

The Bernal Heights Neighborhood Center's (BHNC) Youth Committee was the driving force to make the idea of creating a Bernal Heights float into a reality. Dedicated committee members such as Jose Leon, Terrence Ireland, Ann Golden and Alan Bruce never let their float ideas diminish in the face of financial or technical difficulties. One man, however, could be attributed to setting the initial wheels in motion. "Bernal Heights would not have been able to bring a float to Carnaval without the vision and financial support of Chris Collins," said BHNC Youth Director Jose Leon, "And with the support of so many individuals working together, we were able to bring Carnaval back to Bernal."

The creation of the float was truly a neighborhood effort of residents and merchants. With less than a week before Carnaval, the Youth Committee asked for last minute help from the community. Juan

Salsa 24's Carl Ariza.

Reyes from Marvin Gardens Florist used his knowledge of the S.F. Flower Terminal to approach Podesta & Sons and Hilo, Inc., asking for fresh flower donations for the float. The flower vendors at Farmer's Market happily offered their unsold flowers the Saturday before the big parade. Senior citizens of the Bernal Heights Senior Program spent the week making hundreds of colorful paper flowers for the float's rainbow and sewed the gorgeous nylon banner that was carried in the parade by Bernal youth. Upon seeing the banner, the hill's residents and friends in the parade's crowd would cheer "Hey, that's Bernal Heights!" and "Alright, Bernal!"

Both Febronio Ontiveros of the El Faro Restaurant and Chris Collins generously wrote a check for $150.00 each to rent a flat bed truck and a sound system. And in a true display of community spirit, Goodman's Lumber donated dozens of yards of the chicken wire, lattice and lumber that was needed to build the base of the float.

Teens from Make a Circus clowned around the float, juggling and performing ribbon dances to the delight on the crowd. The pretty white coyote that darted and pranced in front of the float was Nic Griffin whose Carnaval costume was in a more European tradition. "Most of the costumes in San Francisco's Carnaval are of the Brazilian tradition," explained Nic, "But I think that any costume that celebrates this joys of life and music will do."

Even after a long day of spending four hours walking through the parade route, the elated float participants enthusiastically vowed their participation and shared their ideas for next year's Carnaval float. - ***By Vicki Victoria***

Noticias de la Comunidad en Español

La Caravana - continua...

para ayudar a las personasde la comunidad reconstruir sus vidas y sus tierras .

Rosa Peñate, una residente de Bernal Heights, estará en la caravana y espera que sus vecinos se uniran con esta mission de paz y esperanza. "La gente tienen que ser consiente y realizar lo arruinado en El Salvador", explicva Rosa, "Pero tambien tenemos que ver que hay algo que se puede hacer". Rosa siente que es nuestro obligación asistír con reconstruir las pequeñas comunidades en El Salvador, "Nosotros somos responsable. La guerra en El Salvador ha sido pagado del dinero que pagamos en impuesto del los Estados Unidos.

Ella pinte un ejemplo de una comunidad reconstruida en Guazapa, "De 50 familias solo 12 tenían un hombre, y la mayor parte tenían por lo menos cinco hijos. La caminada hasta el agua de manatíal mas cerca aproxiamadamente fre 45 minutos" ?Que se necisita? Rosa contesta simplemente "Todo."Aunque la repuesta de Rosa se ve tan sencía y impreciso, mantiene la seriedad sobre su repuesta y trata de expresar la realidad de la situacíon. Ella explica que la communidad de Guazapa sufrío años de bombardamiento, represión y instabilidad por la guerra. Dejados sin nada, la gente han tenido que empezar del principio a reconstruir sus comunidades y sus vidas.

Rosa tambien acentua la importancia de la reconstruccion de comunidades y la creacion de niveles altos de independencia y no solo estipulando asistencia temporal,"Queremos dejar algo que la gente pueden usar en el futuro. Esperamos que en abaslecer bombas de agua, arados para cultivar, pizzaras y quadernos para las escuelas, y martillos y sierras para construir casas y clinicas de salud para asistir en empo-derar a esta gente.

La Caravana espera llevar muchas contribuciones locales de instrumentos carpenterías, generadores, ropa liviana, jugetes, maquinas de escribir, maquinas de cocer, materiales médicos y muebles, pero Rosa dice que la plata se transporta mas facilmente y efectivamente en la forma de ayuda."Es mas barrato llevar dinero a El Salvador y hacer las compras allí . Por ejemplo, con solo $60.00 una familia puede comprar los materiales de quincalla y techumbre, que sson necesarios para construir sus casas, la madera fue escojido del campo.

Rosa tambien cree que el trabajo de CAPRES ayudará a vigilar al gobierno salvadoreño hacia honorar los acuerdos de convenio de paz. Establecido en Enero de 1992, por el gobierno salvadoreño y los nacîones Unidos, Rosa siente que estos acuerdos no han hacido herramientado. El convenio de Paz declara que los campesinos (gente del campo) que cultivaron la tierra abandonadopor la gente rica durante las guerras, tienen el derecho de ser duenos y cultivar estas tierras", ella explico, "Nuestra constitución dice una sola familia puede ser dueño de mas de 245 acres y que sobre se lo tienen que dar al gobierno, quien tiene que disribuir a esta tierra a la gente. Pero el gobierno no lo esta haciendo, están cobrando los campesinos ilegalmente por la tierra. Quando la gente no puede pagar, el gobierno justifica sus acciones de quitar o acobardar la gente de la tierra.

?Como puedes vivir en paz quando no hay trabajos, la pobreza esta hasta el extremo, gente sin casas y no hay ningúna justicía? Su repuesta fue dado en sus muchas horas de voluntaria para seguridad el triunfo de la Caravana. Rosa desea que sus vecinos de Bernal Heights van a ayudar traer paz a El Salvador por dando donaciónes de dinero o otras cosas a CAPRES, 347 calle Dolores #319, San Francisco 94110 o pueden llamar al 621-7048. •

Noticias De La Bibloteca

Dotty Myers y Linnie Carrington se retiraron a finales de Marzo. Aunque va a ser difícil de ocupar los puestos, Carol O'Quin, nuestra nueva técnica de habla hispana y Jean Heverly, previamente bibliotecaria para ciegos, van a servirles lo mejor posible. ¡Pasen por acá para decir hola! Si no encuentran lo que buscan, por favor pregúntenos. *Nuestra biblioteca es su biblioteca...*

Recuerdo: Dorothy Coakley, la bibliotecaria para niños de Bernal, nos recuerda que hay una hora de cuentos dedicada para niños cada Martes a las 10:30 a.m. y también en la Noche para Familias, los Miércoles, a las 7:30 p.m.

Nuevos Computadores: Ahora los empleados de la biblioteca están aprendiendo como usar el nuevo sistema computadora que en el año 1993 funcionará como catálogo de acceso para el público disponible 24 horas al día.

Podemos darles acceso al "Infotrack", un índice de periódicos y revistas. Se puede hacer una búsqueda de nuestra colección por objeto y por idioma, por ejemplo español.

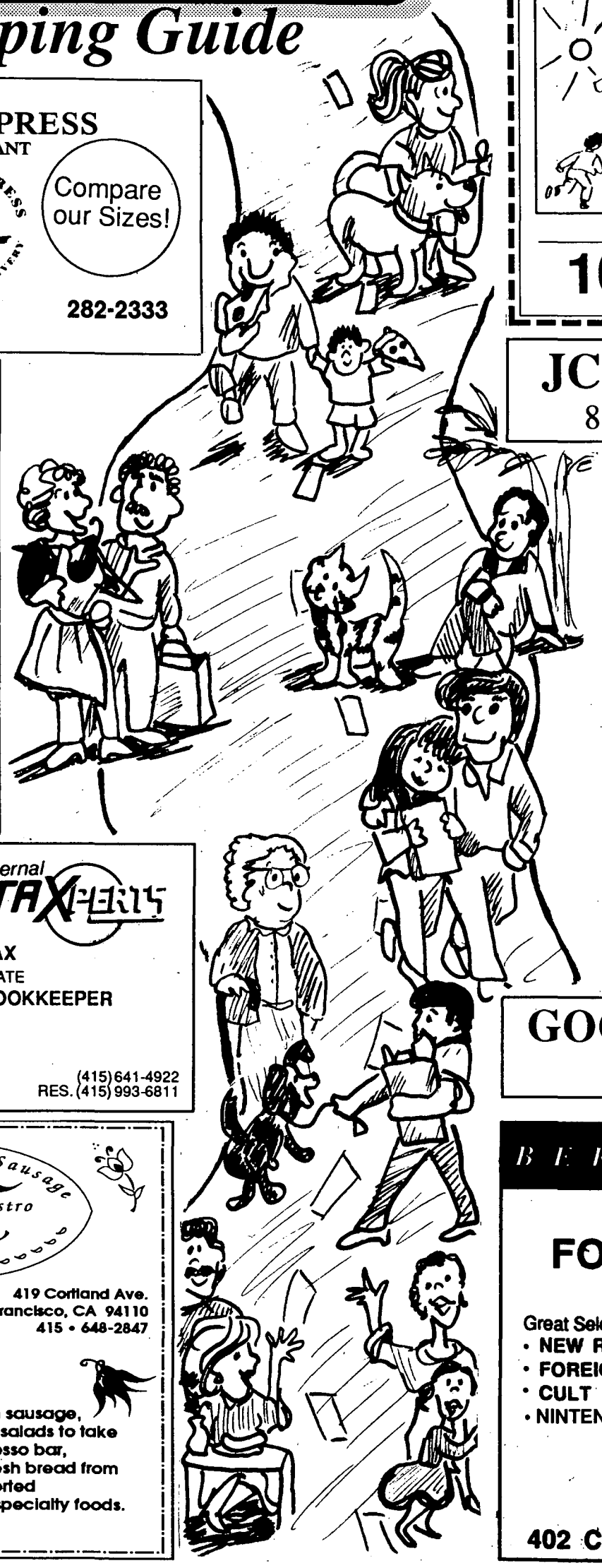
El programa de la computadora viene de Data Research Associates, y la máquina del Digital Equipment Corporation.

La Coleccion en Español: Gracias al trabajo de Dorothy, Bernal va a ser dueño de sus propias colecciones en español para niños y adultos. En Septiembre, los usuarios podrán prestar libros comprados de una donación del California State Library. Los Títulos en español que pueden usar ahora son: *Diccionario de Negocios y Diccionario de Mexico (4 vols.).*

Photo by Jeffery Bachman

The Bernal Heights residents and friendsin the crowd would cheer upon seeing their neighborhood's banner and float in the Carnaval Parade.

Cortland Avenue
Shopping Guide



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Special NBJ Insert

Christmas in April Comes to Bernal Heights

by Mindy Linetzky
Bernal Heights Housing Corporation

On Saturday morning, April 25, at 8:00 am, more than 1200 green T-shirted volunteers armed with hammers and shovels, and a lot of old fashioned neighborly spirit, moved into Bernal Heights to repair, absolutely free, the houses of 23 low income families, elderly, and disabled persons. Christmas in April had arrived in Bernal Heights.

The Bernal Heights Housing Corporation helped bring the program to Bernal Heights, publicize the event, find prospective houses and facilities, recruit volunteers, organize inspections, and worked hand in hand with the Christmas in April staff.

"Having the cooperation of the neighborhood was critical to our success this year," explained Marta Johnson from Christmas in April. "The support, cooperation, and enthusiasm of the Bernal Heights Housing Corporation and Neighborhood Center and the neighbors who volunteered made a tremendous difference. Bernal Heights is such an interesting neighborhood -- such a mixture of people and all kinds of houses!"

"Christmas in April shows that the spirit of community building and unity is still alive in America and that dreams, if given sufficient resources, can be realized,"

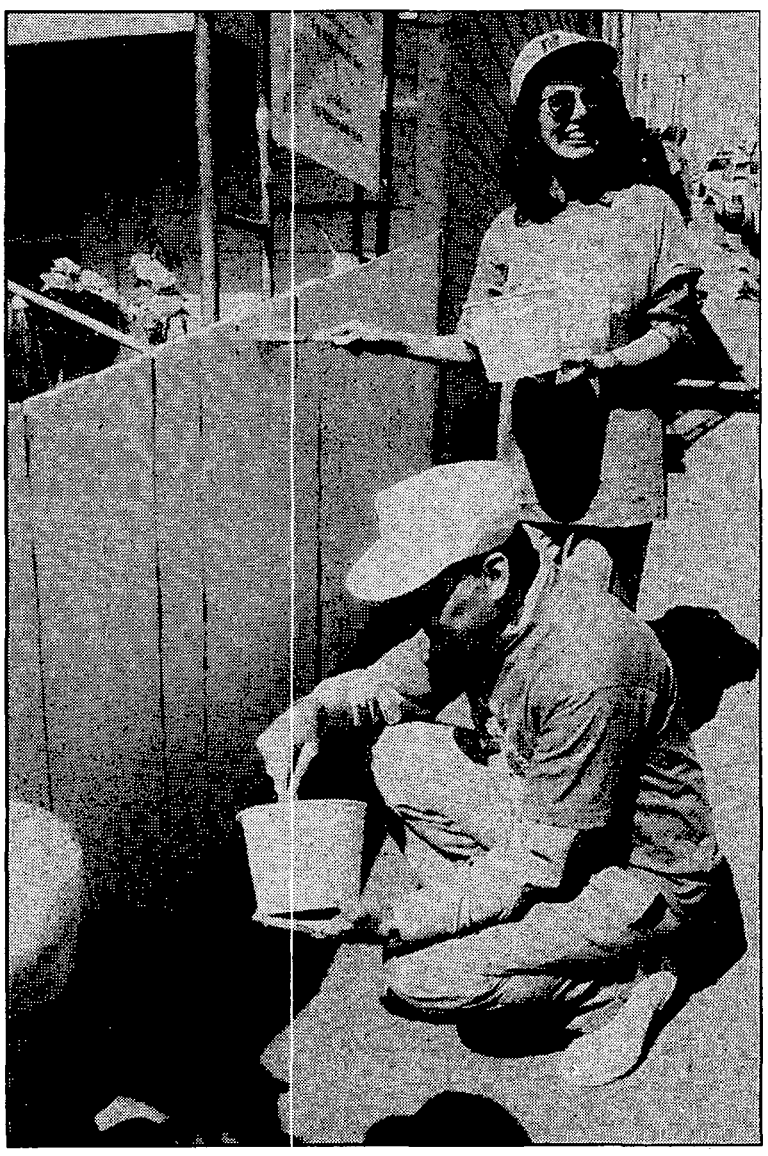
- Congresswoman Nancy Pelosi

Christmas in April solicits financial support and volunteer participation from businesses, labor and community organizations. These sponsors "adopt" homes by contributing the average cost of rehabilitating one or more homes (about $2,500 per home) and provide a core group of volunteers.

"We often talk of the need for more 'private/public partnerships' in helping to maintain and re-build our inner city neighborhoods — particularly in light of the recent events in South Central LA", commented Helen Helfer, Executive Director of the Bernal Heights Housing Corporation. "Christmas in April is truly a model for our nation to emulate. We're very grateful and proud to have been part of this unique partnership."

David Weintraub

Over 80 First Nationwide volunteers swarmed Prentiss Street. This mob of green T-shirt wearers were a typical sight on April 25th at houses all over Bernal Heights.



David Weintraub

Congresswoman Nancy Pelosi and Mayor Frank Jordan lend a hand painting the picket fence at this Prentiss Street home.

Forty-one San Francisco Federal employees under the direction of Volunteer Captain Christine Sharboneau refurbished this house in the 200 block of Crescent Avenue.

"Using their own expertise, volunteers accomplished tasks ranging from rewiring, painting, and plumbing to remodeling a kitchen

- David Bohm, House Captain and
Assistant Vice President and Manager
San Francisco Federal's Orinda Office

Robert Henderson

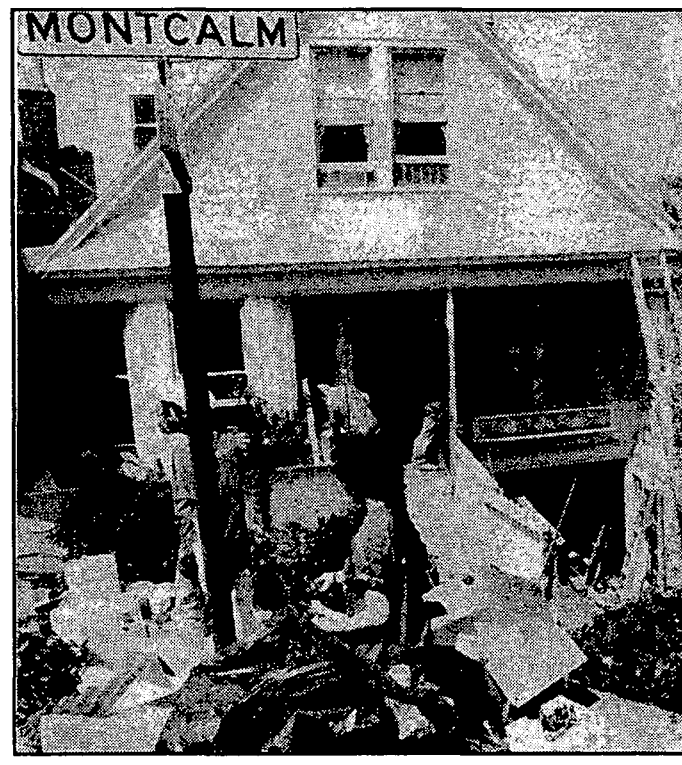
Neighbors and volunteers from Catellus Development Corp. build new stairs at this house on the 200 block of Richland.

Roger L. Gordon, chief executive officer of San Francisco Federal, commented, "This is the second consecutive year San Francisco Federal has been a sponsor of Christmas in April. It is a great project to be involved with because everyone benefits. The beneficiary homeowners have improved residences. The sponsors see what their donations have accomplished. And the volunteers get the immediate satisfaction of a hard day's work well done."

In addition to homes, volunteers renovated nonprofit facilities including the Grace Child Development Center and the Bayview Hunters Point Adult Day Health Center, both in Bayview Hunters Point; and the Holly Courts Recreation Center and the Precita Community Center in Bernal Heights.

This year the Committee on JOBS, a group of 20 local companies dedicated to improving San Francisco's business climate and its quality of life, was the co-sponsor of renovation at Grace Child Development Center. Delvin Williams, community relations coordinator for the Committee on JOBS, was ecstatic about the turnout. "This is really what giving back to the community is all about," he said. "It was a wonderful feeling to see the net result of our work on the child development center. JOBS was glad to be a part of it." Work included painting and cleaning. In addition, murals were painted on playground walls and a huge U.S. map was drawn on the playground asphalt.

Gloria Buck, secretary of the Holly Court Tenants Association and a Bernal Heights Neighborhood Center board member, was grateful for the work done on their Recreation and Community Room: "There was such a community spirit — everyone came together — neighbors from across the street and tenants who had never been involved before worked side by side with the wonderful carpenters, glazers, landscape architect, interior designer, and electricians brought in from Christmas in April."



Over twenty students from the Marina Middle School helped volunteer in a program that provides intergenerational experiences for children.

Robert Henderson

Mark Dunn (right), homeowner on Mullen Street, with his companion Talbert looking on. Mr. Dunn is a retired mariner, who after sailing all over the world, chose San Francisco as his home.

> *"I'm very proud of the people who are sharing their talent and love with the people of San Francisco. This is what neighborhoods are all about!"*
>
> - Mayor Frank Jordan

In addition to unskilled volunteers, members of San Francisco's building trades provide a lot of the skilled labor necessary to complete the renovations. "The Labor Movement has always fought for basic living standards and community values and the San Francisco Building Trades was proud to contribute to Christmas in April," said Tim Paulsen, Bernal neighbor and Business Representative from Tile Layers Local 19.

Mike Noon, Housing Rehabilitation Director at t (left) talks to Mark Dunn (right) a homeowner fr for all the work he put in preparing for Christma

Christmas In April

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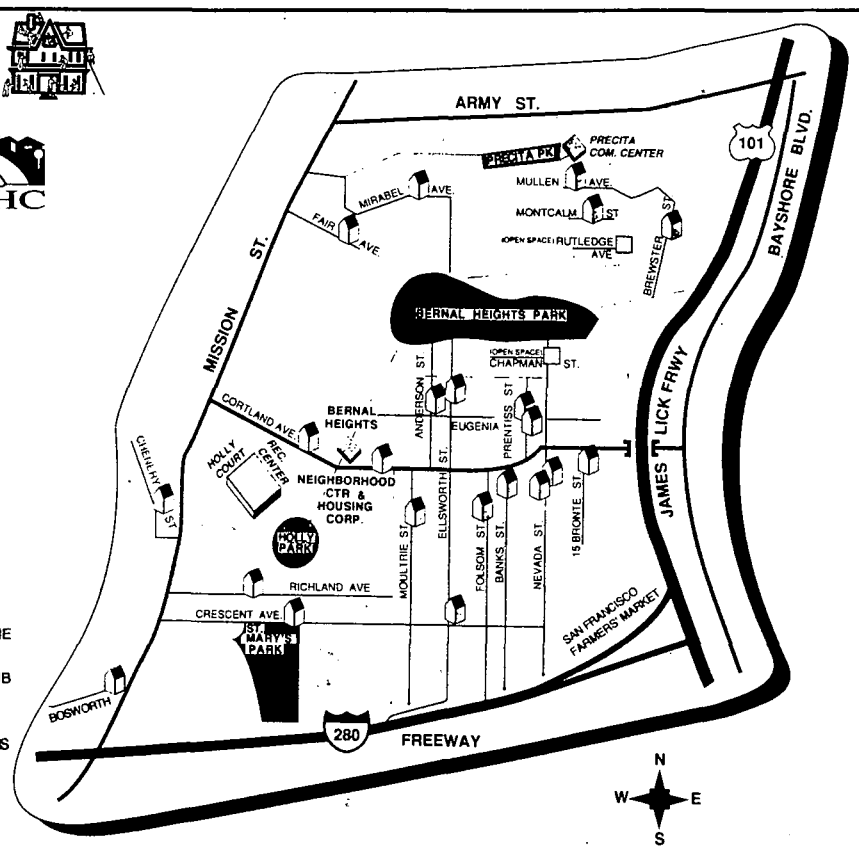

sert

Robert Henderson

t up this house on Montcalm. They participate

David Weintraub

Vivian DeCoursty points out the work being done on her home to Congresswoman Nancy Pelosi, First Nationwide Bank president Jon Christoffersen, photographer Robert Henderson, and Mayor Frank Jordan (right to left).

Robert Henderson

A volunteer carpentar wields a heavy hammer as he fixes the windows at this home in the 300 block of Banks, sponsored by the Mayor's Office of Housing.

The Girl Scouts, Open Space Committee, and other volunteers sweated under the sun cleaning and planting near the Chapman Street stairs.

Robert Henderson

Robert Henderson

Bernal Heights Housing Corporation, Mullen Street. Special thanks to Mike n April in Bernal Heights.

Even the politicians lent a hand. Congresswoman Nancy Pelosi donned a T-shirt and a paint brush and began working on a picket fence. "Christmas in April shows that the spirit of community building and unity is still alive in America and that dreams, if given sufficient resources, can be realized," said Congresswoman Pelosi.

Mayor Jordan proclaimed April 25th as Christmas in April day in San Francisco. In addressing his staff from the Mayor's Office of Housing, who sponsored a home in the 300 block of Banks, he said: "I'm very proud of the people who are sharing their talent and love with the people of San Francisco. This is what neighborhoods are all about!"

Mati Bates, Housing Programs Manager for the Mayor's Office of Housing and Volunteer Captain, described the sentiment of her crew: "We did a lot of work for Mrs. Slater which made her life much easier. As a disabled person, she can't easily go outside. But by redoeing her porch and her garden, we gave her a safe and accessible place to enjoy the outdoors."

In addition to Bernal Heights, Christmas in April fixed up homes and facilities in their previous years' target neighborhoods of Bayview-Hunters Point and the Oceanview-Merced-Ingleside. Next year they'll choose another target neighborhood, but they will be back to do a few more homes in Bernal and we look forward to another successful barn raising!

Volunteers from Miller Freeman gave this Brewster Street home on the East Slope a major overhaul.

Carol Corr

Volunteer Captain Carren Shagley (right with hat), TRI Realtors, dishes out a great breakfast for her crew getting ready to tackle the house on the 200 block of Cortland.

Special thanks to
San Francisco Federal
for contributing to this
New Bernal Journal pullout
section on Christmas in April

"This was the most fun I've had in the entire year!"

- Carren Shagley
Volunteer Captain, TRI Realtors

"The picnic was far more successful than other years — it must be because Bernal Heights has such a good sense of neighborhood."

- Marta Johnson, Christmas in April SF

Marta Johnson, Program Assistant of Christmas in April SF, (left) takes time to laugh with picnic volunteer Jill Pennington.

David Weintraub

Special thanks to Lovey Ward (right) and his crew who prepared barbeque chicken for over 1200 hungry volunteers. It was delicious! Not pictured (because she was probably running for more food) was Molly Campbell who organized the picnic in Precita Park — thanks Molly!

"I want to thank all of you for a wonderful job. Do you know how long I've been around here?"

- Henry Zerbado
(91 years old),
Nevada Street

"Christmas in April did most of the interior and exterior of my house. They've done more in one day than a contractor could do in a month! Gracias."

- Transito Diaz,
Crescent Avenue

Sam Lawson, Executive Director of Christmas in April SF, relaxes at the picnic.

Practicing the American Barn-Raising Tradition

Christmas in April is a nonprofit, grassroots organization that repairs and renovates, free of charge, nonprofit facilities and owner-occupied homes of low income, elderly and disabled individuals. The labor and cost of the repairs are donated by businesses, foundations, community-based organizations and the member unions of the Building Trades Council.

This annual program brings volunteers and beneficiaries together in the American "barn raising" tradition of neighbor helping neighbor. All hands-on work takes place on one day, the last Saturday in April. Christmas in April began in Midland, Texas, in 1973. The program acquired its name when one happy beneficiary exclaimed, "Why, this is Christmas — in April."

For more information or to help next year, call: 415/905-1611.

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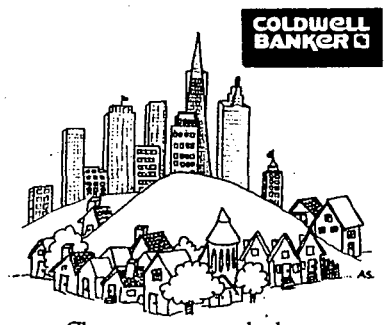

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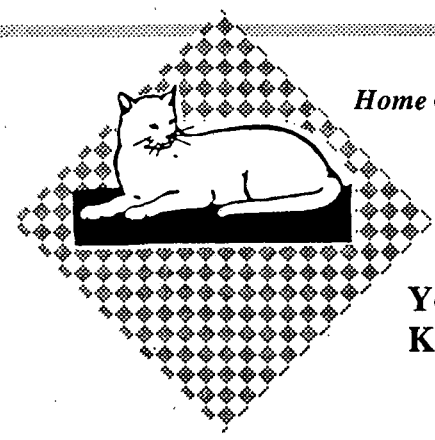

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Triteleia laxa from:
THE WILD FLOWERS OF CALIFORNIA by Mary Elizabeth Parsons, published by Dover Publications, 1966, p.311

Bernal Hilltop Natural History

Some Late-Blooming Spring Bulbs

By Barbara M. Pitschel

There are quite a few bulbs among the native plant species that comprise Bernal Hilltop's Flora. A couple of very pretty ones, which bloom during May and June, are among the wildflowers that brighten the late-spring/early-summer grasslands after the peak of the spring bloom has passed.

Allium Dichlamydeum, our native coastal onion, has deep rose-purple flowers that grow in dense umbels, each of which can contain up to twenty individual flowers. Stems are usually less than a foot tall and there are one to three narrow, flat, linear leaves. It is reported that the word "allium" is thought to mean either "garlic" or "hot and burning."

Triteleia laxa (known to many as *Brodiaea laxa*), grass nut or Ithuriel's spear, has up to thirty violet-purple flowers that grow loosely on long pedicels (flower stems) in a very open umbel. This species usually grows taller than the onion, and its leaves are grasslike. "Grass nut" refers to the plant's habitat and its deeply buried edible bulbs, which, like any other Bernal bulbs, are favorites of our resident gophers. The other common name, "Ithurial's spear," is derived from a reference to Milton's Paradise Lost. In this story, Satan, disguised as a toad, went to the Garden of Eden to tempt Eve, but the angel Ithuriel revealed Satan's hoax with a touch from his truth-compelling spear.

Both species belong to the same family of monocots, considered by some botanists to be the lily family (Liliaceae), and split off by others into a separate amaryllis family (Amaryllidaceae). Populations of both plants can most predictably be seen along the west slope of the hilltop, although indiviuals frequently occur elsewhere on the hill. •

Walking Blues

Those People

By Jacqueline Elizabeth Letalien

There so many sounds in an urban environment: sirens, car alarms, screeching brakes, firecrackers, shouting, gunshots. After awhile our hearing acuteness is dulled. We do this to protect ourselves from the constant din of so many people living so closely together, making so much noise.

I muse on this as I walk in my neighborhood. I took for granted this walking on these streets until a small group of people decided and enforced that I couldn't walk on these streets unless they said so, unless I looked a particular way or lived in a certain place. Buses were denied to certain neighborhoods, in "these" neighborhoods. Civil rights were curtailed in certain neighborhoods, with "those" people.

We failed to listen to each other, to "those" people. What would we have heard, had we been listening? Silence: voices muted by hunger, poverty, death, noncaring. In the darkness of that silence hate, anger, fear despair swelled to monstrous proportions. We weren't listening because of our own hate, anger, fear, despair. We'd all become numb to pain, deaf to silences.

We'd come to a desperate, cold place: we don't understand that looting a small business can obliterate a lifetime of hard labor; don't see our complicity in slow starvation and genocide of a people. We'd come to desperate, cold place: we let "the projects" be an experiment in deprivation that hurts us all; we're willing to trade civil rights for the few crumbs of property allowed to us.

When we let cities and governments dehumanize us, allow the rich to loot our livelihoods—we're making a monster that will destroy us. When we don't dare to speak or listen with compassion, we miss the message that we're all people together. When we lose the acuteness of our hearing, we lose the pleasure of walking on our streets and hearing the birds sing. •

Bernal Book Review

Boy Into Man: A Father's Guide to Initiation of Teenage Sons

by Bernard Weiner
Transformation Press,
San Francisco, 1992.

The players who acted out "The Story of the Chest"

When Erik Weiner, age twelve asked to have a bar mitzvah his father was dubious. "Is it you that wants to have a bar mitzvah" asked his father suspicously. "Or is it Grandpa that wants you to have a bar mitzvah?"

Erik had been raised in a dual-religious household and had never previously expressed such an interest. He readily admitted that he was interested in the ceremony "to make Grandpa feel better."

This conversation with his son set Bernal Heights resident Bernard Weiner to thinking. He himself had been bar mitzvahed after months of arduous study. As theatre critic for the San Francisco Chronicle for twenty years, he recognized Erik's desire for an actual dramatic initiation into the adult world; a contemporary ritual that would include religious and theatrical elements from a wide variety of cultures. He would create a ceremony in which Erik could say "Today I am a Man."

This book serves as a chronicle of the "initiation ritual" prepared by Weiner and the other parents of the San Francisco School for their thirteen year old sons. It outlines the elements of a contemporary American ceremony celebrating the "coming-of age" of the young men in a closely-knit Montessori-based school. Consideration is given to a variety of concerns. For instance, Should girls be included? Moms? Can the boys be consulted in the planning stages?

Weiner suggests the following helpful hints for those planning their own ceremony: an already established community (such as a school) will create the most meaningful ceremony. Don't hold the ceremony in a known environment. Treat the boys with respect. Avoid disrepect, humiliation or hazing.

Boy Into Man is available through Transformation Press, Box B, 197 Bonview St. San Francisco, CA 94110. • ***- Reviewed by Dorothy Coakley, Children's Librarian, Bernal Branch, S.F. Public Library***

Recycling Tips

Just Say "NO" to Junk Mail

- By Maria Hon

If you don't want it and you won't read it, it's junk mail. Even if it is recycable and you can put your un-open junk mail in the paper bag for curbside pickup, junk mail is downright wasteful. The best thing to do is to stop it from showing up in your mailbox in the first place. Here are some strategies:

• **Direct Marketing Association (DMA).** Write to have your name on a "delete" file that goes out to all DMA members four times a year. To request a "Name Removal Card," write to: *Mail Preference Service, DMA, 11 West 42nd Street, PO Box 3861, New York, NY 10163.*

• **Credit Bureaus** and **Mailing List Brokers** will sell your name and address to various banks, credit card companies or mail order businesses. To stop them send a written request to each of the following: ***TRW-NCAC,*** *Target Marketing Services, 12606 Greenville Ave., Dallas, TX 75243, attn: Mail Preference Services.* ***Trans Union, Inc.,*** *555 W. Adams St., Chicago, IL 60661.* ***RL Polk & Co.,*** *List Services Division, 6400 Monroe Blvd., Taylor, MI 48180.* ***Donnelly Marketing,*** *1235 N. Ave., Nevada, IA 50201-1419.*

• **Write to the junk mailer directly.** Cut out the label and tell them to delete it from their mailing list. •

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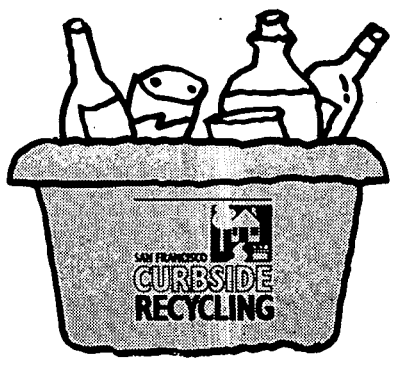
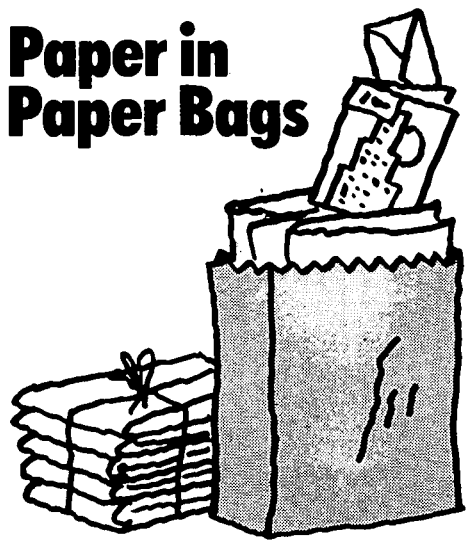
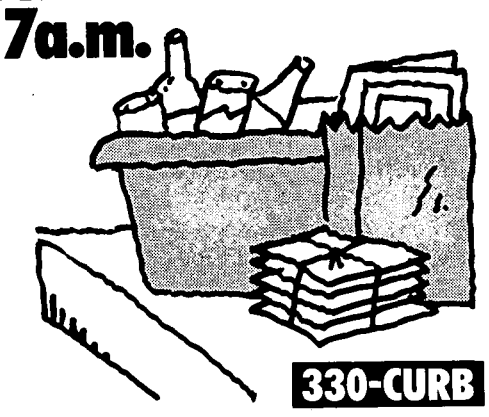






330-CURB

Curbside Recycling is brought to you by the San Francisco Recycling Program, in cooperation with Sunset Scavenger and Golden Gate Disposal Companies.

Caravan

- continued from page 1...

"People need to be aware and realize the devastation in El Salvador," explains Rosa, "But we also need to see that there's something that can be done about it." Rosa feels that it is our duty to help rebuild the small communities of El Salvador, "We're responsible. It was our U.S. tax dollars that have been paying for the war in El Salvador.

She paints an example of a reconstructed community of Guazapa, "Of 50 families, only 12 had a man and most had at least five kids. The walk to the nearest water spring averaged 45 minutes.".

What is needed? Rosa simply answers, "Everything!" While Rosa's answer seems simple and vague, she is serious about her answer and tries convey the reality of the situation. She explains that the community of Guazapa suffered years of bombing, repression and instability because of the war. Left with nothing, the people had to begin from scratch to rebuild their community and lives.

Rosa also stresses the importance of reconstructing communities and fostering high levels of self-sufficiency, and not just providing temporary aid, "We want to leave the people something they can use in the future. We hope that providing water pumps, plows for farming, chalk boards and binders for schooling and hammers and saws for building homes and health clinics will help to empower these people."

The Caravan hopes to carry many local donations of carpentry tools, generators, light clothing, toys, typewriters, sewing machines, medical supplies and furniture, but Rosa says that money is the easiest to transport and the most effective form of aid. "Money goes a long in El Salvador. For example, for only $60.00, a family can buy the hardware and roofing material needed to build their own home - the wood is scavenged from the country side."

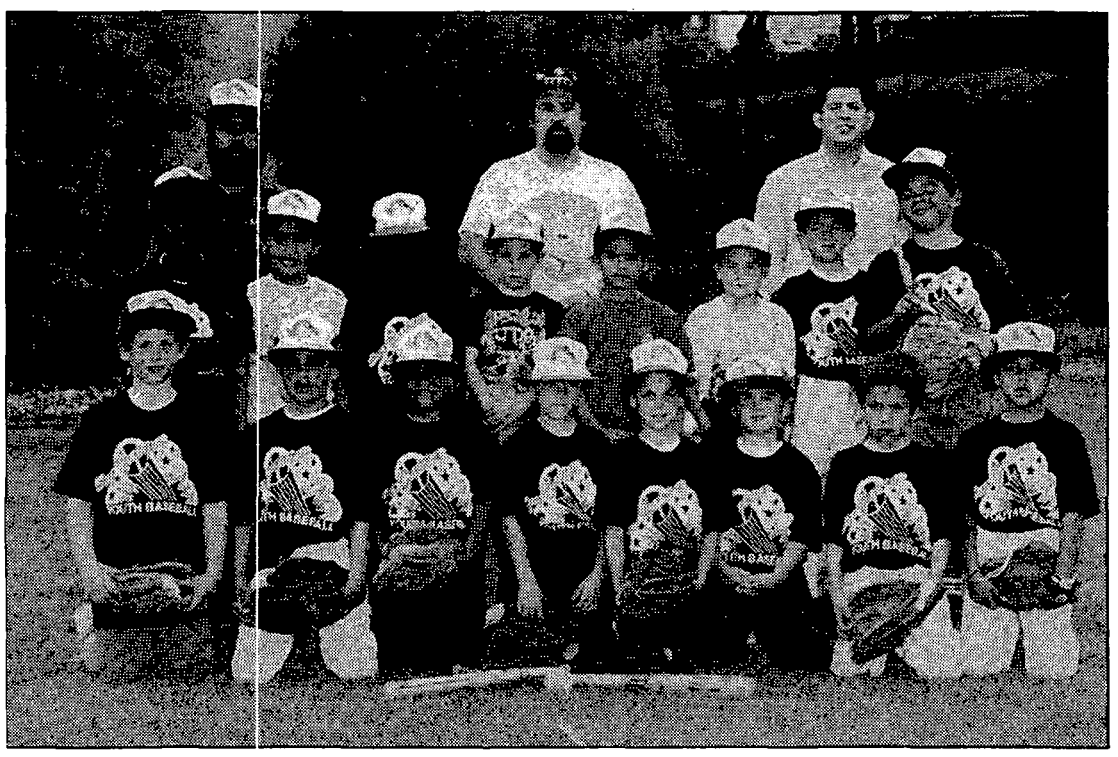
A small girl from the community of Guazapa, El Salvador.

Rosa also believes that the work of CAPRES will help to monitor the Salvadorean government towards honoring the Peace Accord agreements. Established in January, 1992 by the Salvadorean government and rebel forces in conjunction with the United Nations, Rosa feels that these agreements are not being properly implemented. "The Peace Accord states that the "Campesinos" (country people, peasants) who farmed the land abandoned by the rich during the wars are now entitled to own and farm this land," she explains, "Our constitution states that no one family is entitled to own more than 245 acres and that any excess must be given to the government, who in turn is to distribute this land to the people. But, this is not being done. The country people are being illegally charged for the land. And when they can not make the monthly payments for the land, the government justifies its actions of removing or intimidating the people off of the land."

Rosa believes that the corruption of Salvadorean government is the result of U.S. aid, "The U.S. shouldn't send our tax dollars to third world countries to destroy them. The Salvadorean government and military got rich and the people suffered." Even today, with the war officially over, Rosa said that the U.S. still gives about half a million dollars of aid *per day* to the El Salvador government, "Yet, many schools are closed, 70,000 are illiterate and there are 12,000 teachers out of work. Where does this money go?"

"How can you live in peace when there are no jobs, extreme poverty, homelessness and no justice?" she asks. Her answer is given in her many volunteer hours to ensure the success of the Caravan. She hopes that her neighbors in Bernal Heights will help bring peace to El Salvador by donating goods or money to CAPRES, 347 Dolores St., #319, S.F., 94110 or by calling 621-7048.

- by Vicki Victoria



The St. Mary's Tigers, coached by Reggie Gage (upper lef).

Bernal's New Little Bashers

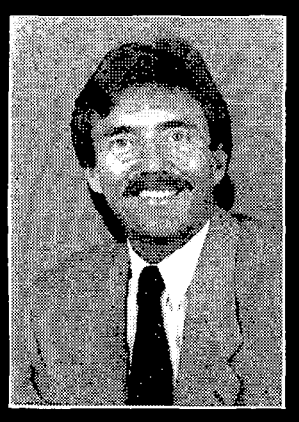
From the streets of Bernal , a new gang of young kids has risen called the "St. Mary's Tigers." These seven and eight year olds hang out at St. Mary's Park and have been going around the City clobbering other teams in the San Francisco Youth Baseball League's Pinto Division. The Tigers are currently undefeated and have a record of five wins and zero losses with three games remaining, and are looking to go undefeated. Their exceptional hitting, and harmonious infielding makes watching these kids entertaining and fun. It's also great to see that there still exists positive alternatives for our inner city youth. Their biggest challenge comes on June 13th when the Tigers take on the Running Reds who represent the San Bruno Avenue Boys Club at Glen Park @ 10:00 am.

Sign up for summer leagues now! Parents are always needed to help with coaching, transportation, and cheer leading. Bernal Playground, 695-5007 or St. Mary's Park at 695-5006. •

Bernal Neighborhood Groups

- **Alemany Resident Management Group**
  Tiki Hadley, 282-TIKI
- **Andover/Crescent Moultrie**
  Quarterly, Melinda Mazzatti, 648-2376
- **Bernal Democratic Club**
  Monthly, Gerald Whitehead, 821-2159
- **Bernal Heights Neighborhood Center**
  Monthly, Mauricio E. Vela, 206-2140
- **Coleridge Park Tenant Group** - *Rose Spiller, 826-2782*
- **Comite de Trabajadores Generales** *(Day Labores)*
  Quarterly, Jose Samperio, 431-7522
- **Cortland Merchants Association**
  Monthly, Imre Mandoki, 282-1458
- **East Slope Design Review**
  1st Monday, Terry Milne, 285-8978
- **East & South Slope Neighborhood Committee**
  1st Tuesday, Peter Schwab, 285-1009
- **Ellert & Bocana Block Club**
  Quarterly, Mauricio E. Vela, 206-2140
- **Fair & Peters Avenue Block** - *Joe Pocoro, 641-9048*
- **Holly Court Tenants Association**
  Monthly, Bebe Castaing, 861-7447
- **Immaculate Conception Elementry**
  Monthly, Club President Kay Schultz, 824-6816
- **Ingleside Police Station**
  Monthly, Capt. John Gleeson, 553-1602
- **Leonard Flynn Elementary** - *Monthly, Diane Bauer, 695-5770*
- **Junipero Serra PTA**
  Monthly, Constance Gutierrez, 695-5685
- **3317 Mission Tenants Group**
  Quarterly, Frances Walker, 282-9470
- **Moultrie Street Neighbors** - *Robert Bozina, 821-9525*
- **Nevada/Putnam Block Club** - *Lurilla Harris, 648-1868*
- **Newman/Bennington Neighbors**
  Quarterly, Lynn Scott, 826-3081
- **North West Bernal Block Club**
  2nd Tuesday, Charles Bolton, 647-8861
- **North West Bernal Design Review Board**
  1st & 3rd Tuesday, Paul Stein, 648-1629
- **Open Space Committee** - *Maurice Kelly, 826-6607*
- **Peralta Avenue Block Club** - *Monthly, Maxine Berg, 285-0698*
- **Peralta/Mojave Block Club**
  Quarterly, Mitchell Boatman, 285-5439
- **Precita Valley Center** - *Monthly, Jason Gallegos, 206-7758*
- **Precita Valley Committee** - *2nd Saturday, Bruce Parker, 285-4851*
- **Richland & Andover Block Club** - *Nuala McCarthy, 282-5425*
- **Ripley Street Block Club** - *Jane Wrench, 285-7443*
- **South Bernal Neighbors Association**
  Quarterly, Susan Meltessen, 826-8049
- **South of Army Mission Merchants Association**
  2nd Tues., Phil Zamora, 285-0290
- **St. Anthony's Church**
  Every Sun., Father Michael Weldon, 647-2704
- **St. Kevin's Church**
  Evey Sun., Father James O'Malley, 648-5751
- **St. Luke's Hospital, Community**
  Public Relations Dept., Carolyn Grote, 641-6659
- **Wool Street Block Club** - *Rick Palos, 826-4748*

For more information on the Hill-Wide Coalition, call Mauricio Vela at the BHNC: 206-2140



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Furniture stripped and refinished: Excellent work quickly done, e.g., dresser w/mirror $150, with pick-up & delivery. Jim, 621-4390.

Zion Painting Co. Free estimate. Houses inside, outside. Clean & reliable. Call 282-7777 ask for Zion.

Window Repairs: Broken glass, ropes, and putty replaced. Weatherstrip doors, small carpentry and painting jobs. I am always on time. City Window Service. 337-9327.

Painting, Victorians have been our specialty for the last 20 years in San Francisco. Top quality work and local references. Ted Mareno, 956-2642.

Amir Window Washing Company. Free estimate. Inside, outside, homes, shops, all glass. Neat and reliable. 826-8958 ask for Amir.

Plumbers, carpenters, painters, gardeners and laborers are available for hire at the Day Laborer Program. There is no fee to hire someone through this program. 554-1377.

PROFESSIONAL SERVICES

Tired of Renting? I'm a Realtor helping first-time buyers like you find affordable housing in San Francisco. Call Kristin at Brown Bear Realty, 285-5700 or home 550-1917.

The Traveling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 18 years experience. All work guaranteed. House calls, $40 per hour. Licensed and certified. Georgio. 647-3403.

WANTED

Cash for furniture: Household items, rugs, jewelry, taxidermy & collectibles. One item or household. Quick courteous service. 621-4390 or 824-1180.

HEALTH

Intuitive Bodywork for people who care about themselves. Certified massage therapist practicing Swedish Shiatsu and deep tissue. Good for pain release and stress reduction. I also offer a gentle touch emotional release type work that can be done on an ongoing basis. For an appointment call Rose, 641-5209.

FOR SALE

Public Auction: First Wednesday of every month at 7:00 p.m., 1645 Market Street/Gough at One-Eyed Jacks. Truly good deals to be had. Consignments acceped all month. Next Auctions: June 3rd, July 1st, Aug. 5th.

VOLUNTEER OPPORTUNITIES

Join world-wide movement for non-violence. Support or volunteer with Food Not Bombs, 3145 Geary Blvd., #12, SF, CA 94118 or call 330-5030.

Deliver food to Bernal senior citiizens. Friendly neighborhood volunteer with their own car is needed to deliver free grocery bags to low income, frail elderly in Bernal Heights. Two hour committment each month on the 3rd Wednesday in the afternoons or 3rd Saturday mornings can help make brighten the days of our community's frail elderly. Contact Vicki at the Bernal Heights Senior Program, 206-2145.

CLASSIFIED ADS

CLASSIFIED ADS: ONLY 20¢ per word!

TOTAL _____ words @ 20¢ per word = $_____
TOTAL ENCLOSED

20 word minimum. Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a $2.00 handling fee with your payment. If we misprint your classified ad and the error effects the value or content of your ad, we will repeat a corrected version in our next issue. PLEASE PRINT CLEARLY!

NAME: _____

ADDRESS: _____

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Send this form along with **complete payment** to the:

New Bernal Journal
515 Cortland Avenue
SF, CA 94110

Community Policing in Bernal Helps Fight Drug Activity

Peralta Street "Shooting Gallery"

At the February Ingleside Police/Community Relations meeting, the folks living on Peralta Street, above Highway 101 and Army Street, asked the Community Police on Patrol (CPOP) program to help them yet again. After having shut down a suspected drug house in the neighborhood, representatives of the Peralta Street Block Club asked CPOP to investigate a "shooting gallery" that had been set up underneath the freeway.

Armed with a video camera, one resident taped illegal drug activity to show CPOP that this was more than a homeless problem. The subjects had set up house, complete with "guest quarters" and a front parlor where they were observed using illicit drugs.

After having made several arrests for warrants, possession of crack cocaine, and possession of drug paraphernalia, CalTrans and DPW were contacted by Officer Howard Weathersby. He had previously given the remaining subjects 2 weeks notice to vacate. On April 23rd, the above agencies and Officer Weathersby checked the area, only to find that all had moved out.

The police and Peralta Street residents made this project a success. This is one great example of the community and the police working in conjunction with each other, and getting results.

Bernal Residents Can Fight Illegal Activity

CPOP has also targetted several other locations in the Bernal Heights area that are suspectd of drug dealing. Officers in the unit will be working together to abate the problem by making arrests and possibly working with the City Attorney in enforcing code violations at specific targetted residences. Thanks to courageous Bernal residents, CPOP has the names of suspects and addresses suspected of harboring subjects involved in illegal activity.

Bernal residents should take notice now, that if a residence has become a public nuisance, CPOP and the City Attorney will do everything it can to abate the problem, upto and including seizing the property. Owners of property where illegal activity is occuring will not be able to claim ignorance if they allow lawlessness to continue, once being notified by the police and the City Attorney's Office. To contact CPOP, call 333-3433. •

Organizing a Neighborhood Watch Group

Why organize a Neighborhood Watch group? Neighborhood Watch groups have become an important component of citizen policing. Neighborhood Watch groups are not vigilantes, rather the community has become the eyes and ears for the police in most cases these days. This is evident in the number of calls for service that the S.F. Police Department has received from members of S.A.F.E. groups.

The goal os forming such a group is to create a community that watches over each other. When anything that appears suspicious occurs on the block, a member or members of the Neighborhood Watch group report what they see to the police. In turn, the police respond and investigate.

Don't wait to be a victim before taking preventative measures. If your block is interested in forming a Neighborhood Watch group, contact Pam Matsuda from S.A.F.E. (Safety Awareness for Everyone) at 673-7233/673-SAFE.

Health Focus

Juice Fasting

By Jeanette Conley, RN

Fasting as a key to health has been used for centuries. It is practiced in Europe extensively and here in the United States on a limited scale. During a fast toxic wastes are eliminated and the body's cells are rejuvenated. People use to fast using water only but this proved to be too harsh on the body. Juice fasts have been the best at restoring the organs and cleansing the body.

The best way to fast is to start the week before eating just light amounts of proteins, vegetables and grains. Eliminate all processed foods, alcohol, coffee, chocolate, and sweets. Fresh raw juices should be used from vegetables and fruits, plus vegetable broths and herb teas. During a fast people's bodies burn up a lot of wastes and the kidneys excrete large amounts of toxins. People have found wheatgrass to be invigorating and energizing to the body during a fast. Wheatgrass provides a high amount of oxygen and enzymes to the blood.

It is important to go gradually into a fast and to break a fast slowly going back into your normal diet. Fresh raw juices provide the body with minerals vitamins, enzymes and trace elements to assist the body to regenerate and cleanse the body. The health benefits of the organs are the elimination of wastes, to the body an overall sense of lightness and to the blood a higher amount and utilization of oxygen.

Jeanette Conley RN The Emerald Edge 647-6556.

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Bernal Branch Library News

What's new? Dotty Myers and Linnie Carrington, valued staff at Bernal, retired at the end of March. Though their shoes will be hard to fill, Carol O'Quin, our new technician and Spanish speaker, and Jean Heverly, formerly the Librarian for the Blind, will do their best to serve you. Stop by and say hi. And, if you don't find what you're looking for, please ask. *Nuestra biblioteca es su bilioteca...*

Reminder: Dorothy Coakley, Bernal Children's Librarian, reminds our younger readers that there's a story hour every Tuesday at 10:30 a.m. and on Family Nights, Wednesdays at 7:30 p.m.

New Computers: Right now, library staff are learning how to use "The San Francisco Connection," a new computer system that during 1993 will become a public access catalog available 24 hours a day.

Staff currently can give you access to "Infotrack," an online periodical index service. We also can search our collection by subject and by language, Spanish, for example.

The software for the "Connection," comes from Data Research Associates, the hardware, from Digital Equipment Corporation. •

What's Up and Down in Bernal Heights?

BofA Bernal Branch Closing

By Mauricio E. Vela
BHNC Center Director/Community Organizer

Bernal BofA Branch Closing in October?

That's right unless Bernal organizes and educates Bank of America (BofA) about the consequences on Bernal Heights. BofA believes that its Bernal Branch is a duplication of services since there is a branch is located at 29th & Mission. They have also committed to keeping the new ATM there and modify it so that the Cortland Merchants can use it. How dumb do they think we are? BofA plans on closing down in October and will be sending out notices to account holders during the month of June. Notices will inform them that their accounts have been transfer to the 29th & Mission Branch. Staff will be transferred to other branches. Bernal needs to educate BofA that the 29th St. branch is located a 1/2 mile away which is inaccessible to Bernal seniors, and inconvenient to Cortland Merchants. With the revitalization of Cortland Avenue on the upswing with the addition of four new merchants, it is absolutely the wrong time to even think of pulling out. Cortland is on a come back! The branch has only had a manager a short period of time, and the ATM has been in place for less then two business quarters. Jeff Bachman, Fiscal Manager for the Neighborhood Center stated that "We recognize the banks rational for closing the branch, however during the Security Pacific merger, we were assured that branches would not be closed in low income areas". The closing of the Bernal BofA branch would be the first in the Bay Area and the first of three in the state. This is not an honor we would like bestowed on us. Without a community demonstration, this would create a dangerous precedent. To protest the closing call Barbara Desoer, Senior Vice President & District Manager, at 953-7890 or write her at 1 Powell street, San Francisco, 94102.

Bernal Parks & Playgrounds-

On Saturday, May 9th approximately 100 people showed up at a meeting held at the Bernal Playground to voice their opinions and concerns regarding the current status and future projects at Bernal Playground, Holly, and Precita Parks. Mary Burns, Ron deLeon, Joel Robinson, and JoAnneWilson from the S.F Rec. & Park Department & Commander Jim Arnold from the S.F.P.D. were present to listen to Bernal neighbors.

Bernal Playground has been allocated $300,000.00 for a renovation including an indoor adventure playground from the Open Space Committee. The hold up is that the Bureau of Architects have not assigned an architects to draw up designs. Bernal needs to pressure DPW to assign someone to the project. Many of the youth present, and CPOP officer Rey Ibay recommended that in the interim, the weight room be repair for the teenagers. New director Derrick Crawford presented a Spring '92 program of activities, a first in many years. A Friends of Bernal Playgrounds Committee was formed. Twenty one people have committed to serving on the committee. It is our hope that Rec. & Park will take the lead on the committee.

The Holly Park renovation project is almost complete except for a cargo container which has been ordered through the purchasing department. Additional lighting has been installed but more may be needed by the barbecue area as well as benches for the picnic tables and wooden chip ground cover. Bathrooms seem to be continuously vandalized but were repainted with the start of the baseball season.

Precita Park has been the longest project that I have been involved in. For three years, I have been attending meetings with the Precita Valley Committee, critiquing plans and watching neighbors provide input into the planning process. The monies have already been allocated since fiscal year 90/91. Construction is finally scheduled to begin in December of 1992, and the project should be completed by April of 1993. The Bernal Parks Committee needs to keep an watchful eye on Rec. & Park on this one.

Bernal Library Update

Thanks to the 300 plus neighbors who attended the March 18th meeting, and the 2,000 plus people who signed the petition to keep our library open. The new budget that has been submitted to the Mayor keeps neighborhood branches open five days a week. Kudos and sincere appreciation to all who took time to contribute to this struggle. The board of supervisors' finance committee will be discussing the Library budget at its June 16th meeting at 1:30 pm in City Hall. The Library agenda item is 7th out of eight, so I would not arrive any earlier then 4:00pm. See you their.

July Meeting with Mayor Frank Jordan!

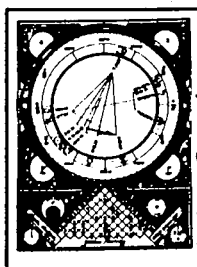
Finally, after he met with Noe Valley, Potrero Hill, Execelsior and many other communities, our Mayor has scheduled a meeting in Bernal Heights for Tuesday, July 7th @ 7:00 pm. The location has not been determined. Hopefully they will select the Neighborhood Center. A planning meeting will be held during the month of June and the BHNC will also invited Barbara Desoer from Bank of America. Hopefully the Mayor can help us keep our branch open. Any comments or for further information, you can leave a message at the Neighborhood Center at 206-2140.

BERNAL CALENDAR

• **Cortland Avenue Cleanup,** *Saturday, June 13th, 9:30 a.m.* Neighbors are invited to help beautify Bernal by helping out in this annual spring cleaning and grafitti paint-out of Cortland Avenue. Brooms, paint and cleaning supplies provided. Bring gardening tools if you would like to help clean up around trees. *Meet at the Bernal Heights Neighborhood Center at 515 Cortland Avenue. Call Margret Maker at 206-2140 for more information.*

• **Make-a-Circus Teen Performance,** *Monday, June 29th.* Juggling, acrobatics, and stiltwalking performances and more will be performed by participants of the Teen Apprentice Workshop (TAP). Friends and family are invited to attend this free show at *Holly Park. Call Clo Dow for times and more information at 206-2140.*

• **Garden Party,** *Friday, June 26th 5:00 - 7:00 p.m.* Bernal neighbors are invited to the debut of the new Patio Garden at the Neighborhood Center, built by SLUG for the Bernal Heights Senior Program gardening project. Music, refreshments and "adopt a plot" dedications. *Bernal Heights Neighborhood Center, 515 Cortland Avenue. Call 206-2145.*



Astro-Rap

By Jessica Murray

The biggest solar eclipse of the year clocks in on June 30th, 1992 at 5:19 a.m.

Astrologers more alarmist than this writer are sounding dire warnings, for the significance of the eclipse is loaded with martial fire.

While it is true that Mars was the god of War, he also governed strength and forceful action. Pluto, another planet featuring strongly in the eclipse, governs not only destruction but the necessary exposure and healing of long-denied corruption similar to the July, 1990 eclipse which precipated George Bush's excursion into the Persian Gulf, this coming eclipse also contains a stressful combination of Mars and Pluto.

All we know is there is an unmistakable echo in the heavens linking this summer with 2 years ago. It is a chance to apply the lessons that period should have taught us: to turn the Mars energy from rage to activism, and Pluto's from blind destruction to the courageous dismantling of those structures in our society which are obsolete.

- July 11th Workshop with Jessica Murray "What are the 90's About?" call 626-7795.

SUMMER JOB ANNOUNCEMENT:

Field Counselor - Will act as the Summer Youth Employment & Training Program liason between the Bernal Heights Neighborhood Center and assigned worksites. S/he is primarily responsible for the provision of fiscal, administrative and other essential support to a case load of participants.

Qualifications: BA or equivalent work experience working with (at-risk) teen-age youth from different ethnic backgrounds. Must possess good communication, writing, and organizational skills. Ability to submit written reports. Genuine willingness and committment to provide employment training to youth. Teamwork and cooperation very important.

Salary: $700/month, 20 hrs/week
Start date: 6/15/92 - 8/21/92

Submit resume to:

Jose Leon, Youth Director
Bernal Heights Neighborhood Center
515 Cortland Avenue
San Francisco, CA 94110

Activities for Seniors

• **Tupperware Party** - *Wed., June 10, 12:40 p.m.* See what's new with Tupperware. Free gifts and refreshments. This is a fundraising sale for senior activities.

• **Filipino Cultural Day Celebration** - *Fri., June 12, 11:00 a.m.* Celebrate the song, music & dance of the Filipino culture. Lumpia making demonstration. Refreshments served.

• **SNAP Grocery Bag Distribution** - *Wed., June 17, 1:30 p.m.* Free grocery bags are distributed to low income seniors who live in Bernal Heights on the 3rd Wed. of each month.

• **Legal Counseling** - *Mon., June 15, 11:00 a.m.* Para-legal from Mission Community Legal Defense will be on hand to help answer you questions and provide referrals to helpful resources. Free.

• **Birthday Party & Dance** - Mon., June 29, 10:00 a.m. Dance to live music with Johnny Vallelunga & His Band. Birthday Cake for all! Held at the St. Kevin' Hall on Ellsworth Street, between Cortland & Jarboe. Free.

Bernal Heights Senior Program
515 Cortland Avenue • 206-2145

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B.H. BUTTER 1 LB. **$1.59**	**FRONTIER TOWELS** 2 ply **79¢ea.**	**IMPERIAL SALT** 26 OZ. **29¢**
B.H. CHILLI CON CARNE HOT OR REG. **89¢**	**M.D. TOILET PAPER** **$1.09** 4 PK.	**COCA-COLA** 6 PK. 12 OZ. CANS **$1.79** +CRV
OLSON FARMS EGGS 18 PK., LARGE **$1.49**	**SUNSHINE** HONEY GRAHAM ANIMAL CRACKERS CHOCOLOOKIEAURUS 8 oz. **99¢**	**BAR'S HOT DOGS** 6 OZ PK. **99¢**
B.H. SODA 2 LITER all flavors **89¢** +CRV	**LA RUTA CORNED BEEF** 12 OZ. CAN **$1.69**	**BERKELEY FARMS ICE CREAM** **$2.49** 1/2 GAL.

EVERY DAY LOW PRICES!

B.H. RAMEN INSTANT SOUP	6/$1.00
B.H. CELLO BREAD	2/$1.00
BERKELEY FARMS FRUIT DRINKS- GALLON	$1.49
Q-TIPS 170 COUNT	$1.99
MARQUEE PETROLEUM JELLY 7.5 ozJAR	$1.09
RAINBOW BLACK PEPPER 4 oz	99¢
PICNIC CHICKEN SAUSAGE 5 oz	2/$1.00

SAVE ON GENERIC LABELS

FRESH PRODUCE

LETTUCE	49¢ each
TOMATOES	3 LBS/$1.00
MANGOS	2/$1.00
AVOCADOS	3/$1.00
CANTELOUPES	3/$1.00

MEATS

FOSTER FARMS — WHOLE FRYERS 69¢/LB

WE NOW CARRY GOAT MEAT

PORK BUTTS- BONE IN	$1.29/LB
PORK BUTTS - BONELESS	$1.49/LB
PORK STEAKS - BONE IN	$1.69/LB
PORK STEAKS - BONELESS	$1.89/LB
PORK NECK BONES	49¢/LB
PIGSFEET	49¢
NY STEAKS	$2.99/LB
SIRLOIN TIP STEAKS	$2.99/LB
FILET MIGNON STEAKS	$6.99/LB
GROUND CHUCK FAMILY PACK	99¢/LB
GROUND SIRLOIN FAMILY PACK	$2.49/LB
CROSS RIB BEEF ROAST	$2.49/LB
CHUCK STEAKS BONE IN	$1.99/LB
CHUCK STEAKS BONELESS	$2.69/LB
PRIME RIB STEAK	$4.99/LB
MARKET STEAK	$4.99/LB
LONDON BROIL	$2.99/LB

LIQUOR

FATHERS' DAY SPECIALS!

BUDWEISER 12 OZ CANS 12 PK.	$6.99 +CRV
GRAND DAD 86 750 LITER	$9.59
ROYAL GATE VODKA LITER	$5.99
STOLICHNAYA VODKA 750 ML	$13.99
KORBEL BRANDY 750 LITER	$7.49
LOWENBRAU 6 PK. 12 OZ BOTTLES	$3.99 + CRV
CARLSBERG 6 PK. 12 OZ. BOTTLES	$5.79 +CRV
ELEPHANT 6 PK. 12 OZ. BOTTLES	$6.29 +CRV
HENRY WEINHARD 12 OZ BOTTLES	$4.29 +CRV
CORONA BEER 6 PK. 12 OZ. BOTTLES	$6.29 +CRV
BASS ALE 6 PK. 12 OZ. BOTTLES	$7.29 +CRV
HEINEKEN 6 PK. 12 OZ. BOTTLES	$6.79 +CRV
ST. PAULI 6 PK. 12 OZ. BOTTLES	$6.29 +CRV

FOOD STAMPS ALWAYS WELCOME

Play all the California Lottery Games

PRICES EFFECTIVE THROUGH 6/14/92

MANY MORE SPECIALS THROUGHOUT STORE!

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS